

CARRY THE BABY

Carry the Baby begins from the position that parents use when they set their baby on their hip. It's an effective stretch for the entire side of the body, from triceps to tensor fasciae latae. Carry the Baby is done standing, but there is also a seated version, (Parentheticals), described on page 80. Provide back support for the side bending by having participants place the down arm on their chair back.

Benefits »

- ⦿ Stretches sides of ribs, hips, and shoulders.
- ⦿ Helps participants feel the connectedness of the whole body.
- ⦿ Involves both the upper and lower body.
- ⦿ Adds an element of balance because it's done standing.

How to Do It »

The Start

Participants stand to the left of the chair, hips aligned with the chair back and with offset feet so that the foot closest to the chair is in front and the outside foot is in back. For balance and back support, they hold onto chair with the chair-side hand.

The Moves

Use the following cues to guide participants.

- ⦿ Slide the right hip out to the side until you feel a stretch across the right hip. This motion is similar to how parents hold a baby on their hip.
- ⦿ When ready, slowly reach the right arm out to the side and then up over the head. The arm is overhead and a bit left, reaching for the sky.
- ⦿ Inhale deeply and allow the ribs to arch slightly left. Feel the ribs lift and spread out like a fan. Exhale while holding the stretch.
- ⦿ To progress, bend the elbow and reach the hand toward the opposite shoulder.
- ⦿ Hold this position for 10 to 15 seconds, as tolerated.
- ⦿ Repeat for the left side of the body.



Live It »

These big, gentle, arching side bends that focus on breathing and relaxing feel best when participants are feeling tight or tired.